



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 15027, Fish, fish sticks, frozen, prepared

Report Date: June 25, 2017 18:42 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	49.50	--	0.377	45.62	53.17	13.0	48.684	50.314	1	Analytical or derived from analytical	--	03/2013
Energy	kcal	277	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Energy	kJ	1160	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Protein ¹	g	11.01	--	0.216	9.88	12.94	9.0	10.524	11.501	1	Analytical or derived from analytical	--	03/2013
Total lipid (fat) ¹	g	16.23	--	0.335	13.3	19	14.0	15.509	16.943	1	Analytical or derived from analytical	--	03/2013
Ash ¹	g	1.61	--	0.034	1.44	2.32	8.0	1.525	1.686	1	Analytical or derived from analytical	--	03/2013
Carbohydrate, by difference	g	21.66	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Fiber, total dietary ¹	g	1.5	--	--	1.4	1.6	--	--	--	1	Analytical or derived from analytical	--	03/2013
Sugars, total ¹	g	1.65	--	--	1.1	2.3	--	--	--	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	0.56	--	--	0.2	0.9	--	--	--	1	Analytical or derived from analytical	--	03/2013
Glucose (dextrose) 1	g	0.30	--	--	0.07	0.6	--	--	--	1	Analytical or derived from analytical	--	03/2013
Fructose 1	g	0.10	--	--	0.1	0.1	--	--	--	1	Analytical or derived from analytical	--	03/2013
Lactose 1	g	0.12	--	--	0	0.3	--	--	--	1	Analytical or derived from analytical	--	03/2013
Maltose 1	g	0.58	--	--	0.4	0.7	--	--	--	1	Analytical or derived from analytical	--	03/2013
Galactose 1	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Starch 1	g	20.46	--	--	18.7	21.8	--	--	--	1	Analytical or derived from analytical	--	03/2013
Minerals													
Calcium, Ca 1	mg	16	--	0.395	14	23	13.0	15.448	17.154	1	Analytical or derived from analytical	--	03/2013
Iron, Fe 1	mg	0.84	--	0.021	0.61	1.07	11.0	0.793	0.885	1	Analytical or derived from analytical	--	03/2013
Magnesium, Mg 1	mg	25	--	0.702	16	35	12.0	23.775	26.848	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P 1	mg	191	--	3.325	132	282	11.0	184.03	198.743	1	Analytical or derived from analytical	--	03/2013
Potassium, K 1	mg	185	--	2.329	115	240	10.0	179.488	189.919	1	Analytical or derived from analytical	--	03/2013
Sodium, Na 1	mg	402	--	11.447	311	644	7.0	375.146	429.794	1	Analytical or derived from analytical	--	03/2013
Zinc, Zn 1	mg	0.42	--	0.008	0.36	0.51	14.0	0.404	0.437	1	Analytical or derived from analytical	--	03/2013
Copper, Cu 1	mg	0.059	--	0.001	0.05	0.08	12.0	0.056	0.061	1	Analytical or derived from analytical	--	03/2013
Manganese, Mn 1	mg	0.182	--	0.004	0.12	0.26	8.0	0.173	0.191	1	Analytical or derived from analytical	--	03/2013
Selenium, Se 1	µg	15.7	--	0.557	14.4	21.7	2.0	13.651	17.829	1	Analytical or derived from analytical	--	03/2013
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2013
Thiamin 1	mg	0.122	--	0.005	0.07	0.16	4.0	0.107	0.137	1	Analytical or derived from analytical	--	03/2013
Riboflavin 1	mg	0.116	--	0.005	0.07	0.16	3.0	0.101	0.131	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin 1	mg	1.536	--	0.058	1.05	2.12	4.0	1.368	1.703	1	Analytical or derived from analytical	--	03/2013
Pantothenic acid 1	mg	0.272	--	0.001	0.26	0.3	1.0	0.256	0.287	1	Analytical or derived from analytical	--	03/2013
Vitamin B-6 1	mg	0.078	--	0.005	0.06	0.12	4.0	0.064	0.093	1	Analytical or derived from analytical	--	03/2013
Folate, total 1	μg	24	--	--	14	37	--	--	--	1	Analytical or derived from analytical	--	03/2013
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2013
Folate, food	μg	24	--	--	14	37	--	--	--	1	Analytical or derived from analytical	--	03/2013
Folate, DFE	μg	24	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Choline, total 1	mg	42.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Betaine 1	mg	18.5	--	--	8.9	29.7	--	--	--	1	Analytical or derived from analytical	--	03/2013
Vitamin B-12 1	μg	0.96	--	0.073	0.57	1.7	4.0	0.764	1.164	1	Analytical or derived from analytical	--	03/2013
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Retinol ¹	µg	3	--	--	2	5	--	--	--	1	Analytical or derived from analytical	--	03/2013
Carotene, beta ¹	µg	3	--	--	2	4	--	--	--	1	Analytical or derived from analytical	--	03/2013
Carotene, alpha ¹	µg	0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Cryptoxanthin, beta ¹	µg	2	--	--	1	3	--	--	--	1	Analytical or derived from analytical	--	03/2013
Vitamin A, IU	IU	18	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Lycopene ¹	µg	0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Lutein + zeaxanthin ¹	µg	42	--	--	30	51	--	--	--	1	Analytical or derived from analytical	--	03/2013
Vitamin E (alpha-tocopherol) ¹	mg	6.88	--	0.452	1.87	10.52	3.0	5.479	8.277	1	Analytical or derived from analytical	--	03/2013
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, beta 1	mg	0.13	--	0.041	0.05	0.34	3.0	-0.018	0.274	1	Analytical or derived from analytical	--	03/2013
Tocopherol, gamma 1	mg	5.42	--	0.718	4.03	12.96	3.0	2.876	7.961	1	Analytical or derived from analytical	--	03/2013
Tocopherol, delta 1	mg	0.63	--	0.327	0	5.02	2.0	-0.771	2.03	1	Analytical or derived from analytical	--	03/2013
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Vitamin D2 (ergocalciferol) 1	µg	0.0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Vitamin D3 (cholecalciferol) 1	µg	0.0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Vitamin D 1	IU	1	--	--	1	1	--	--	--	1	Analytical or derived from analytical	--	03/2013
Vitamin K (phylloquinone) 1	µg	4.7	--	0.980	2.1	18.2	2.0	0.52	8.828	1	Analytical or derived from analytical	--	03/2013
Lipids													
Fatty acids, total saturated	g	3.733	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
4:0 1	g	0.004	--	0.004	0	0.02	1.0	-0.048	0.056	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
6:0 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2006
8:0 1	g	0.006	--	0.000	0.01	0.01	1.0	0.004	0.008	1	Analytical or derived from analytical	--	03/2013
10:0 1	g	0.007	--	0.000	0.01	0.01	3.0	0.006	0.008	1	Analytical or derived from analytical	--	03/2013
12:0 1	g	0.004	--	0.000	0	0.01	3.0	0.003	0.005	1	Analytical or derived from analytical	--	03/2013
14:0 1	g	0.116	--	0.012	0.01	0.16	3.0	0.077	0.155	1	Analytical or derived from analytical	--	03/2013
15:0 1	g	0.005	--	0.000	0	0.01	2.0	0.004	0.006	1	Analytical or derived from analytical	--	03/2013
16:0 1	g	3.084	--	0.210	1.55	3.97	2.0	2.303	3.866	1	Analytical or derived from analytical	--	03/2013
17:0 1	g	0.014	--	0.001	0.01	0.01	3.0	0.012	0.016	1	Analytical or derived from analytical	--	03/2013
18:0 1	g	0.408	--	0.035	0.35	0.57	2.0	0.272	0.544	1	Analytical or derived from analytical	--	03/2013
20:0 1	g	0.044	--	0.003	0.04	0.05	2.0	0.03	0.058	1	Analytical or derived from analytical	--	03/2013

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22:0 1	g	0.025	--	0.003	0.02	0.04	2.0	0.013	0.037	1	Analytical or derived from analytical	--	03/2013
24:0 1	g	0.015	--	0.001	0.01	0.02	2.0	0.01	0.02	1	Analytical or derived from analytical	--	03/2013
Fatty acids, total monounsaturated	g	3.193	--	--	--	--	--	--	--	1	Calculated or imputed	--	03/2013
15:1 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2006
16:1 undifferentiated 1	g	0.080	--	0.007	0.02	0.1	3.0	0.057	0.103	1	Analytical or derived from analytical	--	03/2013
16:1 c 1	g	0.080	--	0.007	0.02	0.1	3.0	0.057	0.102	1	Analytical or derived from analytical	--	03/2013
16:1 t 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
17:1 1	g	0.008	--	0.000	0.01	0.01	1.0	0.005	0.011	1	Analytical or derived from analytical	--	03/2013
18:1 undifferentiated 1	g	3.052	--	0.196	2.44	3.68	2.0	1.987	4.118	1	Analytical or derived from analytical	--	03/2013
18:1 c 1	g	3.039	--	0.195	2.43	3.66	2.0	1.979	4.099	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 t ¹	g	0.013	--	0.001	0.01	0.02	1.0	0.003	0.023	1	Analytical or derived from analytical	--	03/2013
20:1 ¹	g	0.049	--	0.005	0.02	0.08	2.0	0.015	0.082	1	Analytical or derived from analytical	--	03/2013
22:1 undifferentiated ¹	g	0.002	--	0.001	0	0.01	1.0	-0.005	0.01	1	Analytical or derived from analytical	--	03/2013
22:1 c ¹	g	0.002	--	0.001	0	0	1.0	-0.003	0.007	1	Analytical or derived from analytical	--	03/2013
22:1 t ¹	g	0.001	--	0.000	0	0	1.0	-0.002	0.003	1	Analytical or derived from analytical	--	03/2013
24:1 c ¹	g	0.002	--	0.000	0	0	1.0	--	0.005	1	Analytical or derived from analytical	--	03/2013
Fatty acids, total polyunsaturated	g	7.824	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
18:2 undifferentiated ¹	g	7.420	--	0.478	5.53	8.59	3.0	5.728	9.113	1	Analytical or derived from analytical	--	03/2013
18:2 n-6 c,c ¹	g	7.289	--	0.477	5.45	8.38	3.0	5.624	8.953	1	Analytical or derived from analytical	--	03/2013
18:2 CLAs ¹	g	0.024	--	0.001	0.01	0.03	1.0	0.015	0.032	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 t not further defined ¹	g	0.108	--	0.008	0.02	0.17	2.0	0.075	0.142	1	Analytical or derived from analytical	--	03/2013
18:3 undifferentiated ¹	g	0.248	--	0.091	0.04	1.15	1.0	-0.881	1.377	1	Analytical or derived from analytical	--	03/2013
18:3 n-3 c,c,c (ALA) ¹	g	0.236	--	0.091	0.03	1.12	1.0	-0.902	1.374	1	Analytical or derived from analytical	--	03/2013
18:3 n-6 c,c,c ¹	g	0.011	--	0.001	0	0.03	2.0	0.008	0.014	1	Analytical or derived from analytical	--	03/2013
18:3i ¹	g	0.002	--	0.000	0	0	2.0	--	0.004	1	Analytical or derived from analytical	--	03/2013
18:4 ¹	g	0.002	--	0.000	0	0	1.0	-0.002	0.006	1	Analytical or derived from analytical	--	03/2013
20:2 n-6 c,c ¹	g	0.003	--	0.000	0	0.01	2.0	0.001	0.004	1	Analytical or derived from analytical	--	03/2013
20:3 undifferentiated ¹	g	0.001	--	0.000	0	0	2.0	-0.002	0.004	1	Analytical or derived from analytical	--	03/2013
20:3 n-6 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
20:4 undifferentiated ¹	g	0.007	--	0.000	0.01	0.01	1.0	0.004	0.01	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA) 1	g	0.050	--	0.001	0.05	0.05	3.0	0.046	0.054	1	Analytical or derived from analytical	--	03/2013
22:4 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
22:5 n-3 (DPA) 1	g	0.004	--	0.000	0	0.01	1.0	0.001	0.007	1	Analytical or derived from analytical	--	03/2013
22:6 n-3 (DHA) 1	g	0.088	--	0.002	0.08	0.1	3.0	0.08	0.096	1	Analytical or derived from analytical	--	03/2013
Fatty acids, total trans	g	0.124	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Fatty acids, total trans-monoenoic	g	0.014	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Cholesterol 1	mg	28	--	0.882	23	32	5.0	26.055	30.739	1	Analytical or derived from analytical	--	03/2013
Amino Acids													
Tryptophan 1	g	0.122	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Threonine 1	g	0.372	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Isoleucine 1	g	0.429	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Leucine 1	g	0.852	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lysine 1	g	0.795	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Methionine 1	g	0.296	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Phenylalanine 1	g	0.470	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Tyrosine 1	g	0.286	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Valine 1	g	0.500	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Arginine 1	g	0.592	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Histidine 1	g	0.230	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Alanine 1	g	0.546	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Aspartic acid 1	g	0.816	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Glutamic acid 1	g	2.317	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glycine ¹	g	0.474	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Proline ¹	g	0.783	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Serine ¹	g	0.490	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Hydroxyproline ¹	g	0.002	--	--	0	0.01	--	--	--	1	Analytical or derived from analytical	--	03/2013
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2013
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 16g, 2012 Beltsville MD